

# Statistics Growing Prevalence of Mental Health Issues

Melissa Scott February 11, 2019



Divine Bounty Digestive Enzymes

**Divine Bounty Digestive Enzymes is a supplement contain abundant levels of digestive enzymes, probiotics, prebiotics, and some other therapeutic ingredients.**

([Newswire.net](http://Newswire.net) -- February 11, 2019) Orlando, FL -- Mental health issues affect not just the lives of sufferers, but also their families and friends. While there are many pharmaceutical drugs available, it is worth mentioning that its prevalence continues to sky-rocket.

According to researchers, about 20 percent of the global children and adolescents suffer from mental health issues.

It is further worth mentioning that about half of these mental conditions start to manifest before the age of 14.

Worldwide, it has been found neuropsychiatric disorders are the top causes of disability in young individuals.

Health authorities warn against these issues as, according to research, more than 800,000 individuals succumb to suicide every year due to these ailments.

In ages between 15 to 29 years, it has been found suicide is the second top cause of death. Unfortunately, there are misunderstandings and stigma that surround ill mental health. There are also many who are not provided with the health care support and services they need.

Mental health experts continue to strongly recommend resorting to preventive measures against these quality-of-life-reducing ailments.

When it comes to fighting mental health issues, it is wise to take into account the use of some supplements like probiotics.

Scientists reveal that an increasing number of studies associate gut health to mood and mental health.

As a matter of fact in animal and human studies, it has been found probiotic supplementation led to some improvements in mental health disorders.

Researchers conducted a review of 15 human studies.

At the end of this review, it was found supplementation of *Bifidobacterium* and *Lactobacillus* strains for one or a couple of months can improve anxiety, obsessive-compulsive disorder (OCD), depression, autism and memory.

A study was carried out and it involved tracking 70 chemical workers for a span of 6 weeks. It also involved intake of 100 grams of probiotic yogurt every day or a daily probiotic capsule.

Scientists found that the treatments led to improvements in general health, depression, anxiety and stress. It is also worth mentioning that benefits were also seen in a study of 40 patients with depression.

In a separate 8-week study, it has been found that intake of probiotic supplements reduced depression levels as well as the C-reactive protein levels.

It is important to understand the C-reactive protein is a marker of inflammation.

Individuals who want to experience these benefits may take into account the use of Divine Bounty Digestive Enzymes.

This supplement contain abundant levels of digestive enzymes, probiotics, prebiotics, and some other therapeutic ingredients.

(<https://amazon.com/Digestive-Enzymes-Probiotics-90-Capsules/dp/B076MDX648>)

## **About Divine Bounty**

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at <http://www.DivineBounty.com>.

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